

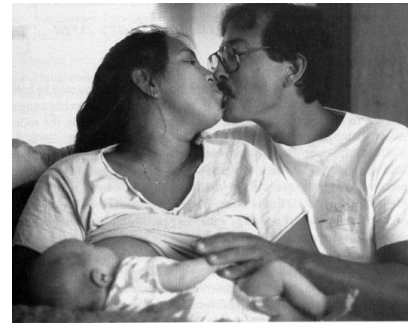
Breastfeeding: For All Walks of Life!

WIC believes breastmilk is best for babies, and that women from all walks of life can be successful when it comes to breastfeeding their babies. That's why, at WIC, we provide support and encouragement to breastfeeding moms, and we help them problem solve when they have problems related to breastfeeding.



Breastfeeding benefits to mothers:

1. Closeness and bonding
2. Savings of time and money
3. Simplicity - ready to feed, no bottles necessary
4. Decreased risk for breast cancer, osteoporosis, diabetes
5. Post-delivery weight loss



Breastfeeding benefits to children:

1. Nutritionally superior content
2. Easier to digest
3. Infants grow just right, not overweight
4. Premies do better
5. Fewer infections
6. Fewer common childhood illnesses
7. Fewer chronic diseases

